



River Crossing YMCA | Easton/Phillipsburg
Group Exercise
October Schedule

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 8:00 -8:45 AM Cheryl Studio	Cycle 7:00-7:45AM Maria Cycle Studio	Yoga 8:00 -8:45 AM Cheryl Studio	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Yoga 8:00 -8:45 AM Cheryl Studio	Morning Mix 8:00-8:45 AM Lenore Studio	Zumba® 10:00-10:45AM Mel Studio
Cycle 9:00-10:00 AM Maria Cycle Studio	R.I.P.P.E.D 9:00-10:00AM Larissa Studio	Total Body 9:00-10:00 AM Maria Studio	Cycle 10:00-11:00AM Bill Cycle Studio	Kickboxing 9:00-9:45AM Jessica Studio	Cycle 9:00-10:00 AM Maria Cycle Studio	Pure Strength 11:00AM-12:00PM Matthew Studio
Pure Strength 9:00-10:00 AM Larissa Studio	Cycle 10:00-11:00AM Bill Cycle Studio	Aqua Fit 9:00-9:45AM Peggy Pool	Yoga Fusion 10:15-11:00 AM Jessica Studio	Aqua Fit 9:00-9:45AM Peggy Pool	Yoga 10:00-11:15AM Jane Studio	
Aqua Fit 9:00-9:45AM Peggy Pool	Zumba Gold® 10:15-11:00AM Mel Studio	Aqua Toning 10:00-10:45AM Peggy Pool	Silver Sneakers Yoga 11:15-12:00PM Cheryl Studio	Aqua Toning 10:00-10:45AM Peggy Pool		
Aqua Toning 10:00 - 10:45AM Peggy Pool	Silver Sneakers Yoga 11:15-12:00PM Cheryl Studio	Ab Blast 10:15-10:45AM Maria Studio		Beginner Tai Chi 11:15AM-12:00PM Kathy Studio		
Ab Blast 10:15-10:45AM Maria Studio	Intermediate Tai Chi 12:15-1:00PM Kathy Studio	Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio				
Silver Sneakers Boom Move & Muscle 12:00-1:00PM Kathy Studio		Range Of Motion & Balance 1:15-2:00PM Kathy Studio				
Range Of Motion & Balance 1:15-2:00PM Kathy Studio						

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio	Cycle 5:30-6:15 PM Tara Cycle Studio	Cycle & Sculpt 5:30-6:15 PM Tara Cycle Studio	Cycle 6:00-6:45 PM Maria Cycle Studio		<p>Group Exercise Schedule Group exercise classes are included in your membership. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.</p>	
Zumba® 6:15-7:00PM Mel Studio	Total Body 6:00- 7:00PM Maria Studio	Zumba® 6:15-7:00PM Mel Studio	Yoga 7:00-7:45PM Maggie Mind Body Studio			
						<p>Easton/Phillipsburg Branch Stay & Play Hours: Monday-Friday 8:45AM-11:AM Monday-Thursday 5:00PM-7:30PM Saturday 8:30AM-12:30PM</p>

Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
	 <p>For the most current class information please visit Schedules or scan the QR Code.</p>			 <p>Visit us on Y Wellnes 24/7 for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!</p>		

Updated 9/26/25